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बयालसी स्नातकोत्तर महाविद्यालय
जलालपुर - जौनपुर - 222136 (उ0प्र0)
(सम्बद्ध - वीर बहादुर सिंह पूर्वाञ्चल विश्वविद्यालय, जौनपुर)

पत्रांक : दिनांक :

NCC SD/SW-I YEAR

Academic and Training Time Table

Academic Session: 2026–27 | Training Days: Monday & Tuesday | Time: 08:00 AM–12:00 Noon
Training: 8 Hours per Week | Nature: Theory + Practical + Drill + Physical Training

Sr.	Month	Week	Day	Tentative Major Topic	Major Components	Approx. Training	Theory / Practical
1	July	1	Monday	NCC Organisation	Aims, objectives, organisation and role of NCC	4 Hrs	Theory
2	July	1	Tuesday	General Drill	Squad formation, standing positions, basic commands	4 Hrs	Practical
3	July	2	Monday	Words of Command	Savdhan, Vishram, Aaram Se and basic commands	4 Hrs	Theory + Practical
4	July	2	Tuesday	General Drill & Parade	Alignment, dressing, squad drill and parade discipline	4 Hrs	Practical
5	July	3	Monday	National Integration	Meaning, importance and role of NCC	4 Hrs	Theory
6	July	3	Tuesday	National Integration Activity	Unity, discipline, group activity and parade	4 Hrs	Practical + Activity
7	July	4	Monday	Moral Values & Ethics	Moral values, ethics, honesty and integrity	4 Hrs	Theory
8	July	4	Tuesday	Drill Practice	Revision of basic drill and commands	4 Hrs	Practical
9	August	5	Monday	Indian Armed Forces	Indian Army, Navy and Air Force: introduction and role	4 Hrs	Theory
10	August	5	Tuesday	Drill & Parade	Squad drill, parade movements and salute	4 Hrs	Practical
11	August	6	Monday	Indian Armed Forces	Organisation, roles and basic knowledge of Armed Forces	4 Hrs	Theory
12	August	6	Tuesday	Ceremonial Drill	Salute, parade discipline and turnout	4 Hrs	Practical
13	August	7	Monday	Personality Development	Confidence, posture, bearing and personality	4 Hrs	Theory
14	August	7	Tuesday	Personality Development	Turnout, bearing and practical exercises	4 Hrs	Practical
15	August	8	Monday	Communication Skills	Basic and interpersonal communication	4 Hrs	Theory
16	August	8	Tuesday	Public Speaking	Public speaking, group discussion and communication	4 Hrs	Practical
17	September	9	Monday	Field Craft	Introduction to field craft and terrain	4 Hrs	Theory
18	September	9	Tuesday	Field Craft Practice	Kadam sizing, line formation and squad movements	4 Hrs	Practical
19	September	10	Monday	Battle Craft	Introduction to battle craft and field activities	4 Hrs	Theory
20	September	10	Tuesday	Knots & Lashings	Basic knots, lashings and demonstration	4 Hrs	Practical
21	September	11	Monday	Weapon Training	.22 rifle introduction and weapon safety	4 Hrs	Theory
22	September	11	Tuesday	Weapon Handling	Demonstration and supervised handling	4 Hrs	Practical
23	September	12	Monday	Range Procedure	Range procedure and safety precautions	4 Hrs	Theory
24	September	12	Tuesday	Range Training	Practical range safety and weapon training	4 Hrs	Practical
25	October	13	Monday	Map Reading-I	Conventional signs, scale and landmarks	4 Hrs	Theory
26	October	13	Tuesday	Map Reading Practice	Identification of signs and map exercises	4 Hrs	Practical
27	October	14	Monday	Map Reading-II	Grid system and topographical features	4 Hrs	Theory

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पत्रांक : दिनांक :

28	October	14	Tuesday	Map Exercise	Grid references and feature identification	4 Hrs	Practical
29	October	15	Monday	Topographical Forms	Contours, slopes and terrain representation	4 Hrs	Theory
30	October	15	Tuesday	Map-to-Ground Exercise	Practical interpretation of terrain	4 Hrs	Practical
31	October	16	Monday	Compass & Navigation	Cardinal points, magnetic compass and directions	4 Hrs	Theory
32	October	16	Tuesday	Compass Practice	Direction finding and navigation	4 Hrs	Practical
33	November	17	Monday	Disaster Management	Types, phases and preparedness	4 Hrs	Theory
34	November	17	Tuesday	Disaster Response	Basic response and preparedness exercise	4 Hrs	Practical
35	November	18	Monday	First Aid	Principles of first aid and emergency response	4 Hrs	Theory
36	November	18	Tuesday	First Aid Practice	Knots, lashings, stretchers and first aid	4 Hrs	Practical
37	November	19	Monday	Environmental Awareness	Environmental protection and natural resources	4 Hrs	Theory
38	November	19	Tuesday	Environmental Activity	Conservation and awareness activity	4 Hrs	Practical + Activity
39	November	20	Monday	Social Service	Role of youth and NCC in community development	4 Hrs	Theory
40	November	20	Tuesday	Social Service Activity	Community-oriented field activity	4 Hrs	Practical
41	December	21	Monday	Communication	Types and effective communication	4 Hrs	Theory
42	December	21	Tuesday	Communication Practice	Group discussion and communication exercises	4 Hrs	Practical
43	December	22	Monday	Cyber Awareness	Cyber security, safety and responsible behaviour	4 Hrs	Theory
44	December	22	Tuesday	Cyber Awareness Activity	Cyber safety awareness activity	4 Hrs	Theory + Activity
45	December	23	Monday	Physical Fitness	Health, fitness and wellness	4 Hrs	Theory + Practical
46	December	23	Tuesday	Physical Training	Fitness exercises and conditioning	4 Hrs	Practical
47	December	24	Monday	Mental Wellness	Mental wellness, stress and healthy lifestyle	4 Hrs	Theory
48	December	24	Tuesday	Yoga / Fitness	Yoga, conditioning and wellness	4 Hrs	Practical
49	January	25	Monday	Revision-I	NCC organisation, national integration, moral values	4 Hrs	Theory
50	January	25	Tuesday	Drill Revision	Drill, parade and words of command	4 Hrs	Practical
51	January	26	Monday	Revision-II	Armed Forces, personality and communication	4 Hrs	Theory
52	January	26	Tuesday	Practical Revision	Drill, parade and communication	4 Hrs	Practical
53	January	27	Monday	Revision-III	Field craft, battle craft and weapon safety	4 Hrs	Theory
54	January	27	Tuesday	Practical Revision	Field craft, knots, lashings and weapon handling	4 Hrs	Practical
55	January	28	Monday	Revision-IV	Map reading, navigation and disaster management	4 Hrs	Theory
56	January	28	Tuesday	Practical Revision	Map, compass, navigation and first aid	4 Hrs	Practical
57	February	29	Monday	Comprehensive Revision	First Year syllabus revision	4 Hrs	Theory
58	February	29	Tuesday	Comprehensive Drill	Drill, parade and physical fitness	4 Hrs	Practical
59	February	30	Monday	Practical Assessment	Map, compass, field craft and first aid	4 Hrs	Practical
60	February	30	Tuesday	Final Assessment	Drill, parade, physical fitness and performance	4 Hrs	Practical + Assessment

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पत्रांक : दिनांक :

Daily Time Framework

Time	Activity
08:00–09:00 AM	Drill / Physical Training / Parade
09:00–10:00 AM	NCC Theory / Academic Class
10:00–10:20 AM	Break
10:20–11:20 AM	Practical / Field Training
11:20 AM–12:00 Noon	Drill / Demonstration / Revision / Assessment

Administrative Note: The timetable is a tentative academic and training plan for SD/SW-I Year. The actual activity for every Monday and Tuesday shall be conducted as per the weekly programme/instructions issued by the NCC Office.